



Prawn / Salmon Nigiri

Classic nigiri.



Small coloured plate.

Contains Shellfish - Fish

INGREDIENTS

- 3 x 15g Sushi rice (45g total)
- 3 Cooked sushi prawns (Prawn)
- 3 x 12g slices of salmon (36g total) (Salmon)

METHOD

- 1 Roll each of the 15g rice portions into a rice pillow.
- 2 Place the rice pillows on the chosen topping, without squeezing the rice too hard.
- 3 Turn both the rice and the topping over, holding gently.
- 4 Shape the nigiri by gently pressing it between your fingers.
- 5 Ensure that the ends are pushed gently down.
- 6 The completed Nigiri must be firm but not too tight, and bite sized.
- 7 Plate and garnish with wasabi, ginger and pickled red onion.

GARNISH

- 5g Wasabi
- 10g Ginger
- 1g Pickled onion

EQUIPMENT

-  Chopping board
-  Sushi knife
-  Rolling mat

WATCH THE METHOD

[How to sharpen your sushi knife](https://www.youtube.com/watch?v=1qTDlkxTj6E) <https://www.youtube.com/watch?v=1qTDlkxTj6E>

[How to cook sushi rice](https://www.youtube.com/watch?v=pvoCLlrg4S0) <https://www.youtube.com/watch?v=pvoCLlrg4S0>

[How to portion sushi garnish](https://www.youtube.com/watch?v=yloS1St1W04) <https://www.youtube.com/watch?v=yloS1St1W04>

[How to fillet a salmon](https://www.youtube.com/watch?v=swG_SQJ_YgA) https://www.youtube.com/watch?v=swG_SQJ_YgA



Food safety

From the SOP - what the kitchen must not skip on this dish.

PRAWN MARINADE DO NOTS

SOP 9 - Food Book

Don't pour the marinade ingredients over the prawns and then try and distribute the ingredients throughout the mixture. Don't use the prawns from the marinade longer than 2 days. Don't throw the butterflied prawns into the container, pack them neatly. This will ensure quick placing of the prawns on the grill when an order comes, through. Once the kitchen closes, wipe the container down. Move any left over prawns into the cold room. Use these prawns first using the FIFO guidelines. Each 568g portion contains: Typical energy as sold per 100g: 642kcal/2648kJ 182% 372g 531%

THE MINIMUM STANDARDS FOR THE SUSHI SECTION

SOP 7 - Sushi

*Mise en place will differ amongst territories SUSHI Filleting Salmon Standards To manage our waste on a whole Salmon, we need to be able to use every gram of this delicious pink meat. Follow these steps and your wastage percentage can be as little as 25%: Once the fish is filleted and trimmed into two large fillets you can start planning which parts will be used for what. Pepi says "like a skilled butcher, you can see which part of the fillet should be used for what kind of sushi" How to portion and store the salmon - The meat along the back of the Salmon is ideal for Sashimi cuts and seared salads. - The meat along the stomach is used for Nigiri, Gunkans and roses. - The tail piece is to be used for Maki rolls. - The fatty part right at the bottom has the most flavor and in Japan is often reserved for regular and or important customers....



ON THE PASS

Prawn / Salmon Nigiri

Plate - Small coloured plate.

Method and video links are on page 1.